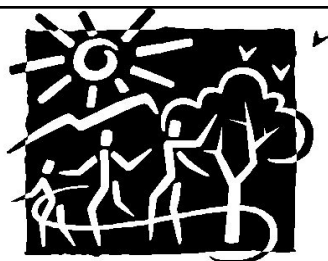


2016 Fall Lessons Session



**SEATTLE PARKS
AND RECREATION**

Evans Pool

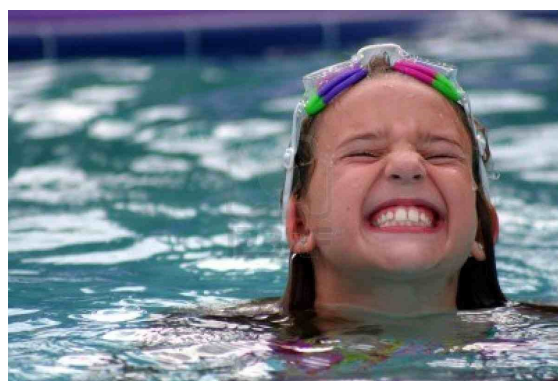
7201 E. Green Lake Dr. N. Seattle, WA 98115
(206) 684-4961

Want to receive regular e-mail updates from us?

Send an e-mail to evanspool-subscribe-request@talk2.seattle.gov

Save the Dates:

- Pool closed Aug. 21—Sept. 5th for maintenance
- Pool closed Sept. 15th Dept. Retreat
- Pool closed Nov 11th Veterans Day
- Pool closed Nov 24th & 25th Thanksgiving
- Pool closed Dec 25th for Christmas (Pool closes at 3pm on the 24th)
- Lifeguarding Classes starting Sept. 9th, Oct. 19th and Dec. 18th



Personal Lessons

Need some extra help with that backstroke? Need some basic instruction on the basics of swimming? Or are group lessons not something you are comfortable with? Sign up for our personal lessons and we will cater the lesson to your needs. \$36 per half hour for 1 student. Want to add an additional student that is the same skill ability? You can add another student for an extra \$12 per class.

PERSONAL LESSON REFUND POLICY: A participant may be issued a refund if he/she drops a lesson, and notifies the program coordinator 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee - whichever is greater will be retained by the facility. If a participant drops a personal lesson with less than 14 days' notice, no refund will be given.

TRANSFER POLICY: Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours' notice.



Evans Pool Swimming Lessons #1

Swimming Scholarship Fund!

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's Hospital, Tulalip Tribes and the support of many caring individuals—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16. Adults only qualify for 50% off.

Can you make a donation? To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Do you know a child who needs a scholarship? To learn more about applying, or to receive a Low-Income Scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinder (ages 4 to 5), Beginning Swimmer (ages 6 to 16) and Advanced Swimmer (ages 6 to 16, and adult lessons 16 and up)



Lessons for 6 month - 4 year-olds

Class	Day	Time	Dates	# Classes	Cost	Barcode
Tots 6 months - 4 years old	Monday	11:30am	9/12-10/24	7	\$49.00	153163
	Tuesday	2:30pm	9/6-10/25	8	\$56.00	154039
	Tuesday	6:30am	9/6-10/25	8	\$56.00	153156
	Wednesday	11:30am	9/7-10/26	8	\$56.00	153157
	Thursday*	2:30pm	9/8-10/27	7	\$49.00	154040
	Thursday*	6:30pm	9/8-10/27	7	\$49.00	153158
	Friday	11:30am	9/9-10/28	8	\$56.00	153159
	Friday	2:30am	9/9-10/28	8	\$56.00	TBD
	Saturday	10:00am	9/10-10/29	8	\$56.00	153160
	Saturday	2:30pm	9/10-10/29	8	\$56.00	153161
	Saturday	3:00pm	9/10-10/29	8	\$56.00	153162

Lessons for 3 year-olds only

3 Year Olds (Must be adjusted to water to be without parent)	Monday	11:00am	9/12-10/24	7	\$87.50	153182
	Tuesday	3:00pm	9/6-10/25	8	\$100.00	154043
	Tuesday	6:30pm	9/6-10/25	8	\$100.00	153172
	Wednesday	11:00am	9/7-10/26	8	\$100.00	153173
	Wednesday	6:30pm	9/7-10/26	8	\$100.00	153174
	Thursday*	3:00pm	9/8-10/27	7	\$87.50	154044
	Thursday*	4:00pm	9/8-10/27	7	\$87.50	153175
	Thursday*	6:30pm	9/8-10/27	7	\$87.50	153176
	Friday	11:00am	9/9-10/28	8	\$100.00	153177
	Saturday	10:00am	9/10-10/29	8	\$100.00	153178
	Saturday	12:00pm	9/10-10/29	8	\$100.00	153179
	Saturday	12:30pm	9/10-10/29	8	\$100.00	153180
	Saturday	1:00pm	9/10-10/29	8	\$100.00	153181

Lessons for 4 - 5 year-olds

Kinder (All Skill levels) 4 & 5 Year Olds	Monday	6:30pm	9/12-10/24	7	\$59.50	153201
	Tuesday	11:00am	9/6-10/25	8	\$68.00	153195
	Tuesday	3:00pm	9/6-10/25	8	\$68.00	154035
	Tuesday	4:00pm	9/6-10/25	8	\$68.00	153196
	Wednesday	6:30pm	9/7-10/26	8	\$68.00	153197
	Thursday*	11:00am	9/8-10/27	7	\$59.50	153198
	Thursday*	3:00pm	9/8-10/27	7	\$59.50	154036
	Thursday*	4:00pm	9/8-10/27	7	\$59.50	153199
	Friday	3:00pm	9/9-10/28	8	\$68.00	TBD
	Saturday	10:30am	9/10-10/29	8	\$68.00	153200

*No lessons on Thursday, September 15th

Evans Pool Swimming Lessons #1

Lessons for 6 - 16 years old

Class	Day	Time	Dates	# Classes	Cost	Barcode
Beginning Swimmer 6-16 Year olds	Monday	7:00pm	9/12-10/24	7	\$49.00	153214
	Tuesday	4:30pm	9/6-10/25	8	\$56.00	153209
	Tuesday	5:00pm	9/6-10/25	8	\$56.00	153210
	Wednesday	7:00pm	9/7-10/26	8	\$56.00	153211
	Thursday*	4:30pm	9/8-10/27	7	\$49.00	153212
	Saturday	11:00am	9/10-10/29	8	\$56.00	153213
(Must have prior Advanced enrollment or card showing passed Beginning class) Advanced Swimmer 6-16 Year olds	Monday	7:30pm	9/12-10/24	7	\$49.00	153224
	Wednesday	7:30pm	9/7-10/26	8	\$56.00	153221
	Thursday*	5:00pm	9/8-10/27	7	\$49.00	153222
	Saturday	11:30am	9/10-10/29	8	\$56.00	153223
(Must have prior Pre-Comp enrollment or card showing passed Beginning class) Pre-Competition	Monday	7:30pm	9/12-10/24	7	\$49.00	153231
	Thursday*	5:00pm	9/8-10/27	7	\$49.00	153229
	Saturday	11:30am	9/10-10/29	8	\$56.00	153230
Special Populations 6-17 years old	Saturday	2:30pm	9/10-10/29	8	\$56.00	153239
	Saturday	3:00pm	9/10-10/29	8	\$56.00	153240

Lessons for 16 years old to Adult

Adult Lessons	Monday	8:00pm	9/12-10/24	7	\$49.00	153246
	Tuesday	11:30am	9/6-10/25	8	\$56.00	153243
	Wednesday	8:00pm	9/7-10/26	8	\$56.00	153244
	Thursday*	11:30am	9/8-10/27	7	\$49.00	153245
Lifeguard Training #1	Saturdays	See flyer	9/10-10/22	7	\$125.00	150868
Lifeguard Training #2	Saturdays	See flyer	10/29-12/17	7	\$125.00	150869
Lifeguard Renewal	Sunday	See flyer	18-Dec	1	\$100.00	150867

*No lessons on Thursday, September 15th

How to Register for Fall Lessons:

Registration for **Fall** swimming lessons begins on Aug. 9th at noon. You can register in person during regular business hours, over the phone, or online.

To register over the phone, call 206-684-4961 or 206-684-5177

To register online: visit www.seattle.gov/parks

Lesson Tips:

- Please register for the correct age group.
- Please read lesson descriptions and prerequisites carefully to make sure your child is registered for the correct class.
- Sorry, we cannot give credits or make-up classes or for missed classes.
- A minimum of 4 students is required for all classes (except for 3 year old lessons).
- Please direct all questions/concerns to the pool cashier or deck supervisor.



son during

Refund Policy: Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

Anyone who registers for a swim lesson who requests a refund before the second class starts will receive a refund, minus a service charge of \$5 or 10% of the class fee (whichever is greater) and charged for the first day if applicable. Anyone who registers and withdraws from a class after the second class begins will receive no refund. Please read the entire policy 7.16 for specific information.

Evans Pool Swimming Lessons #2

Swimming Scholarship Fund!

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's Hospital, Tulalip Tribes and the support of many caring individuals—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16. Adults only qualify for 50% off.

Can you make a donation? To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Do you know a child who needs a scholarship? To learn more about applying, or to receive a Low-Income Scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinder (ages 4 to 5), Beginning Swimmer (ages 6 to 16) and Advanced Swimmer (ages 6 to 16, and adult lessons 16 and up)



Lessons for 6 month - 4 year-olds

Class	Day	Time	Dates	# Classes	Cost	Barcode
Tots 6 months - 4 years old	Monday	11:30am	10/31-12/12	7	\$49.00	153171
	Tuesday	2:30pm	11/1-12/13	7	\$49.00	154041
	Tuesday	6:30am	11/1-12/13	7	\$49.00	153164
	Wednesday	11:30am	11/2-12/14	7	\$49.00	153165
	Thursday*	2:30pm	11/3-12/15	6	\$42.00	154042
	Thursday*	6:30pm	11/3-12/15	6	\$42.00	153166
	Friday**	11:30am	11/4-12/16	5	\$35.00	153167
	Friday**	2:30am	11/4-12/16	5	\$35.00	TBD
	Saturday	10:00am	11/5-12/17	7	\$49.00	153168
	Saturday	2:30pm	11/5-12/17	7	\$49.00	153169
	Saturday	3:00pm	11/5-12/17	7	\$49.00	153170

Lessons for 3 year-olds only

3 Year Olds (Must be adjusted to water to be without parent)	Monday	11:00am	10/31-12/12	7	\$87.50	153194
	Tuesday	3:00pm	11/1-12/13	7	\$87.50	154045
	Tuesday	6:30pm	11/1-12/13	7	\$87.50	153183
	Wednesday	11:00am	11/2-12/14	7	\$87.50	153185
	Wednesday	6:30pm	11/2-12/14	7	\$87.50	153186
	Thursday*	3:00pm	11/3-12/15	6	\$75.00	154046
	Thursday*	4:00pm	11/3-12/15	6	\$75.00	153187
	Thursday*	6:30pm	11/3-12/15	6	\$75.00	153188
	Friday**	11:00am	11/4-12/16	5	\$62.50	153189
	Saturday	10:00am	11/5-12/17	7	\$87.50	153190
	Saturday	12:00pm	11/5-12/17	7	\$87.50	153191
	Saturday	12:30pm	11/5-12/17	7	\$87.50	153192
	Saturday	1:00pm	11/5-12/17	7	\$87.50	153193

Lessons for 4 - 5 year-olds

Kinder (All Skill levels) 4 & 5 Year Olds	Monday	6:30pm	10/31-12/12	7	\$59.50	153208
	Tuesday	11:00am	11/1-12/13	7	\$59.50	153202
	Tuesday	3:00pm	11/1-12/13	7	\$59.50	154037
	Tuesday	4:00pm	11/1-12/13	7	\$59.50	153203
	Wednesday	6:30pm	11/2-12/14	7	\$59.50	153204
	Thursday*	11:00am	11/3-12/15	6	\$51.00	153205
	Thursday*	3:00pm	11/3-12/15	6	\$51.00	154038
	Thursday*	4:00pm	11/3-12/15	6	\$51.00	153206
	Friday**	3:00pm	11/4-12/16	5	\$42.50	TBD
	Saturday	10:30am	11/5-12/17	7	\$59.50	153207

*No class on 11/24

** No classes on 11/11 and 11/25

Evans Pool Swimming Lessons #2

Lessons for 6 - 16 years old

Class	Day	Time	Dates	# Classes	Cost	Barcode
Beginning Swimmer 6-16 Year olds	Monday	7:00pm	10/31-12/12	7	\$49.00	153220
	Tuesday	4:30pm	11/1-12/13	7	\$49.00	153215
	Tuesday	5:00pm	11/1-12/13	7	\$49.00	153216
	Wednesday	7:00pm	11/2-12/14	7	\$49.00	153217
	Thursday*	4:30pm	11/3-12/15	6	\$42.00	153218
	Saturday	11:00am	11/5-12/17	7	\$49.00	153219
(Must have prior <u>Advanced</u> enrollment or card showing passed Beginning class) Advanced Swimmer 6-16 Year olds	Monday	7:30pm	10/31-12/12	7	\$49.00	153228
	Wednesday	7:30pm	11/2-12/14	7	\$49.00	153225
	Thursday*	5:00pm	11/3-12/15	6	\$42.00	153226
	Saturday	11:30am	11/5-12/17	7	\$49.00	153227
(Must have prior <u>Pre-Comp</u> enrollment or card showing passed Beginning class) Pre-Competition	Monday	7:30pm	10/31-12/12	7	\$49.00	153234
	Thursday*	5:00pm	11/3-12/15	6	\$42.00	153232
	Saturday	11:30am	11/5-12/17	7	\$49.00	153233
Special Populations 6-17 years old	Saturday	2:30pm	11/5-12/17	7	\$49.00	153241
	Saturday	3:00pm	11/5-12/17	7	\$49.00	153242

Lessons for 16 years old to Adult

Adult Lessons	Monday	8:00pm	10/31-12/12	7	\$49.00	153250
	Tuesday	11:30am	11/1-12/13	7	\$49.00	153247
	Wednesday	8:00pm	11/2-12/14	7	\$49.00	153248
	Thursday*	11:30am	11/3-12/15	6	\$42.00	153249
Lifeguard Training #1	Saturdays	See flyer	9/10-10/22	7	\$125.00	150868
Lifeguard Training #2	Saturdays	See flyer	10/29-12/17	7	\$125.00	150869
Lifeguard Renewal	Sunday	See flyer	18-Dec	1	\$100.00	150867

*No class on 11/24

** No classes on 11/11 and 11/25

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Lessons & Specialty Courses

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Tot Lessons (Ages 6 months – 4 years) Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3) Start your child learning basic swimming skills and water safety in a small group with other 3 year olds. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Kinder Lessons (Ages 4 & 5) Students will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Front Crawls Stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student to instructor ratio.

Beginning Swimmer (Ages 6 – 16) **Floating, Gliding, Kicking:** Children learn to get comfortable putting their face in the water and practicing floating, gliding and kicking on their front, back and sides. These skills provide the foundation for all other swimming strokes they can learn plus kids learn about personal safety and how to know their limits. **Arm Strokes:** Learning to roll from front to back while performing arm strokes is the next step in mastering the crawls stroke. Once kids are doing that we move on to teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water and swimming in deep water. **Side Breathing and Whip Kick:** Front Crawl Stroke with bilateral breathing, and an introduction to whip kick are among the skills taught in this level. Children continue to work on strength, endurance and proper techniques. We maintain an 8:1 student to instructor ratio.

Advanced Swimmer (Ages 6 – 16) Swimmers are introduced to other strokes while continuing to increase safety, fitness and skill proficiency. **Prerequisite:** Swimmers must have passed Beginning Swimmer (have received a completion card), be comfortable in deep water and able to swim 15 yards without stopping. They must demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginning Youth Swimmer if there is room. **Learning New Strokes:** Also adds Elementary Backstroke, Breaststroke and Butterfly along with continued practice in Front Crawl Stroke and Backstroke. **Increasing Endurance and Proficiency:** Increased distances and more refinement of the previous strokes along with sidestroke are taught in this course. **Proficiency, Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques. We maintain up to a 10:1 instructor to student ratio.

Pre-Competition (Ages: 6 – 17) Experience the fun of competitive swimming - This class is for students who have successfully completed Advanced Youth Swimmer. The coaches will emphasize improving stroke technique, turns and racing starts, building teamwork, and getting a strong workout for increased endurance.

DIVING (Ages: 6 – 16) Have fun while learning critical safety habits, basic springboard diving skills and proper form while supervised by an experienced Diving Instructor. Work on skill progressions for forward and back approaches, take-offs, forward and back dives, inward dives, and more. **Prerequisite:** Students must have successfully mastered skills in Beginning Youth Swimmer and have the ability to dive from the side of the pool in deep water. Beginning Diving 1, Beginning Diving 2, Intermediate Diving

Special Populations Lessons (Ages 6-17) These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool Coordinators for information at 206-684-4961.